

East Longmeadow Recreation Department

SUMMER & FALL PROGRAMS 2011

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Administrative Staff

Carolyn Porter, M.Ed.,
Recreation Director

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Recreation Commission

Richard Paige, Chair
Nancy Roberts, 1st Vice Chair
Michael O'Neill, 2nd Vice Chair
Carolanne Elmendorf
Faith Leahy
Richard Matuszczak
John O'Heir
Mike O'Shea
Mike Salvon

OFFICE LOCATION & HOURS

Pleasant View Building

328 North Main Street

Phone: 525-5437

Office Hours: Monday – Friday

8:00 a.m. to 4:00 p.m.

Town Web Page: www.eastlongmeadowma.gov

All Program Descriptions, Fees, Dates and Times are Subject
to Change.

SUMMER PROGRAMS AT PINE KNOLL 2011

!Before Registrations are processed a Birth Certificate must be on file and all fees paid in full!

Adventure Kids— 4, and 5 year olds

This is available as a **full day** 9am - 3pm or **half day** 9 -11:30am **program**

Open to boys and girls who are four or five years of age by enrollment date and children who attended Kindergarten in 2010-11 school year.

Adventure Kids is geared to meet the needs of this age group in staffing and activities.

#1 - 111700-AB, Session #2 - 111700-CD, Session #3 111700-EF, Session #4 111700-GH

Two (2) consecutive weeks is \$105.00, (1) week is \$60.00 Non-resident fee of \$15/week

Full day rates are the same as the Activity Center below. Use Activity Center codes.

Activity Center - Kindergarten through 8th Grade

Kindergarten Grades 1 & 2 Grades 3 & 4 Grades 5 & 6 Grades 7 & 8

(ALL GROUPS ARE BASED ON GRADE COMPLETED 6/11)

Activity Center Groups will have programs geared to meet the needs of the individual in that age range. They will include activities with a Weekly Theme. A variety of programs will be offered such as games, sports, plays, music, arts & crafts, swimming, dancing and nature

These programs meet from 9:00 a.m. to 3:00 pm., Monday – Friday.

Cost for the two (2) week session will be \$190.00, (1) week \$100.00

Non-resident fee of \$15/Session will apply

Session #1 June 27-July 1 & July 5-8 (111701-AB) **Session #2** July 11-15 & 18 - 22 (111701-CD)

(No program July 4th)

Session #3 July 25– 29 & Aug 1 - 5 (111701-EF) **Session #4** Aug 8 -12 & 15 - 19 (111701-GH)

There are 150 spaces for each Session

EXTENDED DAY AT PINE KNOLL

The “Extended Day” program will be available to those who are registered in one of the Activity Center programs. Program hours will run from 7:30 to 9:00 a.m. and 3:00 to 5:00 p.m. Supervised by a qualified and caring staff, there will be some planned activities. The bulk of time will be spent in supervised free time. Children should bring their own food for an afternoon snack. No single days.

AM - \$50.00 /two (2) week session PM - \$60.00 two week session.

AM - \$25 / one (1) week , PM - \$30/ one (1) week

\$15 Non-resident fee per 2 week session applies

<u>Session #1</u>	<u>Session #2</u>	<u>Session #3</u>	<u>Session #4</u>
AM (111702-AB)	AM (111702-CD)	AM (111702-EF)	AM (111702-GH)
PM (111703-AB)	PM (111703-CD)	PM (111703-EF)	PM (111703-GH)

(CIT) JUNIOR COUNSELOR PROGRAM AT PINE KNOLL

The Junior Counselor Program is a leadership development program designed to provide hands on learning, as well as, educational information. Topics taught will include first aid procedures, effective discipline techniques, enhancing individual leadership styles, planning activities, and creating positive work relationships. There will also be group time which allows for hands on learning and observation. The junior counselors will also assist the counselors during group time. Registration will be limited to 20 per session.

The Pine Knoll Director encourages parents to be sure their child is a willing participant.

Session #1 - 111704-AB Session #2 - 111704-CD Session #3 111704-EF Session #4 111704-GH

Fee is \$140 per 2 week session, \$15 Non-resident fee per week applies

\$60per Additional weeks are by Invitation Only based on participation in their first 2 week session.

Pine Knoll Contact Info

782-3445 - June—August

Pine Knoll Directions

1974 Allen Street

Springfield, MA

Take Elm Street North from the Center and cross into Springfield Turn Right at the lights with the 4 gas stations. This will be Allen Street. Pass Byrons and the St. Patricks Church. Look for wooden sign on the right. Use the second driveway.

CAMP BEHAVIOR

Children attending the summer program will be expected to be on their best behavior for their and other's safety and enjoyment. For those who do not follow rules, our staff has been instructed to give verbal warnings, then a “**Time Out**” away from the group until the child's behavior is safe and appropriate. If “**Time Outs**” do not work, we may contact the parent to come and talk with the child and/or take the child home. Behavior that is **NEVER** tolerated includes: kicking, hitting, swearing, name calling, and running from the group. Please talk to your child about these rules prior to coming. If sufficient warnings have been given, the participant may be suspended from the program as needed.

Children Should Bring:

Lunch, Snacks and Drinks

(refrigeration available)

Sun Block, Hat, Water bottle

Swim suit and towel

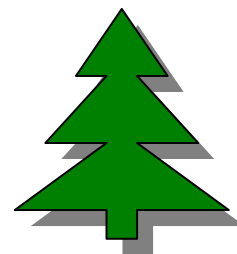
No more than \$2/day for

snack bar

No Electronic Devices

Pine Knoll is not responsible for items that are lost or stolen

Please write your child's name on everything.

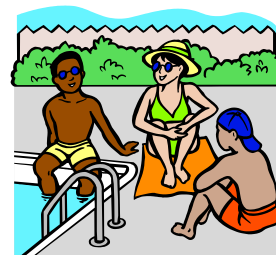


PINE KNOLL RECREATION AREA MEMBERSHIPS – 2011

Pine Knoll Recreation Area is entering the 15th season of operation. Family and Individual Memberships allow for the use of the Pool and other facilities during specific hours. Children under 16 must be supervised by an adult when in the pool area. Pool is open 9am to 7pm however 9am-4 pm the Pine Knoll day program uses the pool extensively. Saturday and Sunday the pool is open 11 -7pm. Hours subject to change. Weather permitting.

Pool Membership Fee Structure:

<u>RESIDENTS:</u>	<u>FEE</u>	<u>ACTIVITY CODE</u>
Sr. Citizens (Single)	\$45.00	130200-A
Sr. Citizens (Couple)	\$55.00	130201-A
Adults (Individual)	\$65.00	120200-A
Adults (Couple)	\$75.00	120201-A
Family (3 or more)	\$95.00	130300-A



NON-RESIDENTS:

Sr. Citizens (Single)*	\$70.00	130202-A	Sr. Citizens (Couple)*	\$80.00	130203-A
Adults (Individuals)*	\$90.00	120202-A	Adults (Couple)*	\$100.00	120202-B
Family (3 or more)*				\$120.00	140202-B

PINE KNOLL RECREATION AREA SITE RENTAL

Rental of Facilities for a “Family Reunion”, “Birthday Party” or other social gathering is possible. Cook up a hearty meal on the charcoal grills at the Pine Lodge Picnic Pavilion. Get your friends together for a game of basketball, sand volleyball, softball, kickball, soccer or tennis.

Please contact the Recreation Department for details 525-5437

Facilities at Pine Knoll



Pine Lodge sits atop the hill with a grand view of the field and diamonds below. This hall is 30’ by 60’ with an extended over hang which allows the tables to be pulled forward through the three large garage doors that open. This allows patrons to sit sheltered at the 10 8’ picnic tables while enjoying the view. The hall can accommodate 100 people. There are 2 large charcoal grills outside to cook on. Though there is no running water on site it can be brought up to the pavilion from the pool area. Persons with limited mobility or host needing to unload event supplies can drive up to the pavilion where there is also limited parking. A wheelchair accessible portable toilet is also adjacent to the site in addition to the traditional flush toilets in the pool building.

Birch Hall is located on the opposite side of the pool from Pine Lodge making it possible to have to events that don’t overlap or to expand the event to accommodate a different musical taste or additional indoor facilities on a rainy day. It is slightly smaller but has similar amenities.

The Pool is a 6 lane Olympic size swimming pool with depths from 3’ to 5’.and an adjacent wading pool with a depth of 8” It is the heart of the facility. It has cool, clear clean water, certified lifeguards, showers, lockers, umbrellas and picnic tables. It is open during the school summer vacation. It is open Sat from 9—7 pm and Sun 11—7 pm and week day evenings 5pm to 7pm for special events or members.

Sport Facilities: 1 Tennis Court, 2 Basketball Courts, Sand Volleyball, 45’ Diamond for Kickball, Whiffleball, & Soccer Fields

Brief History of Pine Knoll

Pine Knoll was previously owned and operated as the Pine Knoll Swim School by Dr Charles “RED” Silva. Red was the Men’s Swimming Coach at Springfield College for 38 years and was one of the worlds foremost authorities in aquatics, lifesaving and competitive swimming. One of his greatest swimmers won a gold medal in the 1956 Summer Olympics. Another set a record for swimming the English Channel in 1972. He was inducted into the International Swimming Hall of Fame in 1976. Coach Silva designed the Linkletter Natatorium which was dedicated in 1967. He retired in 1978. His devotion to teaching swimming could have been contained to his college community but instead he built the Pine Knoll facility in his backyard in order to teach the Red Cross philosophy “everyone a swimmer - everyone a lifesaver”. Many of the adults in East Longmeadow learned to swim or competed at the Pine Knoll Swim School. Red designed the pool himself and it continues to function beautifully 52 years later. That in itself is an amazing accomplishment. The Town of East Longmeadow purchased the 8 acre Pine Knoll property from Red Silva in 1996 for \$275,000. The Town’s DPW has recently renovated the PK buildings with new siding, roofing, windows, updated restrooms, electrical and constructed new parking to accommodate the EL Recreation Department’s youth baseball and soccer Kindergarten programs. East Longmeadow is lucky to have a site such as PK with it’s rich history.

- EAST LONGMEADOW TENNIS PROGRAMS -

SUMMER YOUTH TENNIS INSTRUCTION - For Youth ages 3.5 to 17

Groups divided by age group and skill level

YOUTH TENNIS PROGRAM

ages 5.5 -17 yrs

Daily Monday to Friday 9:00am - Noon at High School Courts

Cost per session is \$90 for one week per person,
any additional sessions for the same person will be \$80/ week.

Session #1 - June 27 to July 1 (112101-A)	Session #5 - July 25 to July 29 (112101-E)
Session #3 - July 11 to July 15 (112101-C)	Session #7 - Aug 8 to Aug 12 (112101-G)
Session #4 - July 18 to July 22 (112101-D)	Session #8 - Aug 15 to Aug 19 (112101-H)

RACQUET ROOKIES PROGRAM Ages 3.5 to 6 yrs

This program will consist of: Skills, Balance, FUN and Games.

The program will meet daily Monday to Friday 9:00am - 10:00 am at High School Courts

Cost per session is \$49.00. Sessions are the same as above.

ADULT TENNIS PROGRAMS

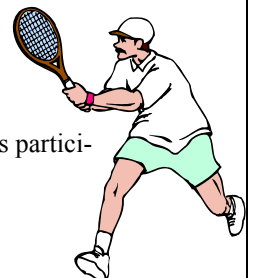
ADULT, JR or FAMILY TENNIS LESSONS

A Beginner and/or Advanced Beginner program geared for the family or group of friends 6 or less. The program will start in May for afternoons or evening sessions. Please schedule 1hr appointments through the Enfield Tennis Club 860-698-6503. Sessions held at Pine Knoll or ELHS courts \$32 (6 or less participants). Must commit to 3 sessions.

Adult and Youth Leagues Forming in Pioneer Valley - USTA

Adults: Wanted: Men & Women (19 +) interested in playing against players in other communities. Be part of a team to represent East Longmeadow. Minimal match play experience OK. Register and pay \$60 on line at USTA.com

Youth: Wanted: Young people ages 7 - 18 are invited to come out for the East Longmeadow Junior Team. Beginners are welcome. Play against other communities on Wednesday nights. Practices on Monday nights. \$179 through Enfield Tennis Club



FITNESS PROGRAMS – PLEASANT VIEW

AEROBICS—Summer—Pleasant View (Monday and Wednesday 6:00 p.m. - 7:00 p.m.)

Open to 16 yrs of age and Older. Cost for the 6 week program will be **\$30.00 resident**.

Additional \$15 nonresident fee. Senior Discount: \$5 for 60 and up.

This program will run from June 13 - July 27 with a possible extension into August.

Program (120101-B).

STRENGTH TRAINING—Summer—Pleasant View Wednesday 5:00 p.m. - 6:00 p.m.

Open to 16 years of age and Older. Cost for the Eight (10) week program will be **\$35.00 residents**.

Senior Discount: \$5 for 60 and up. This program will run from May 25—July 27. **Program (220100-D)**

YOGA - Summer - Pleasant View - Call Rec Dept Office to find out the status of this program for the summer.



How to Watch a Good Program Die

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

Please Register Early



U-18 Pioneer Valley Summer Soccer League

GIRLS and BOYS who have completed 8th –11th grade are invited to participate in this Summer Soccer Program.. Games are scheduled on Weekday nights at 6:30 no weekends. June and July only. **First practice session May 18.**

The Boys Team will be coached by Dan Ferguson. The 2 Girls Teams will be coached by Todd Waltsak & John Ford. Large rosters will be carried to allow for summer vacations and allow other players the chance to play up.

Both Teams are limited to EL residents.

Registrations will not be accepted without a Signed PV Summer Soccer League Form and a 1” x 1”Photo

Grades are ‘11 Fall grades: **Must register by May 21** with all info turned in.

Activity # 111805 B Boys All Grades 9 –12 Fee: \$ 65

111805 A Girls All Grades 9 –12 Fee: \$ 65

Fee covers: participants shirt, league fee, and ref fees



Youth Golf Lessons - WEEK LONG PROGRAMS



A partnership with **The Bob Lake Golf Learning Center at Fenway Golf** at 112 Allen Street in East Longmeadow.

Bob Lake is a PGA Head Professional with 40 years of experience. He enjoys developing new golfers and believes anyone can learn to play golf using a “natural approach to golf.”

Session held Monday—Friday

Activity # A Grades 1st—4th June 27 –July 1st 2:00—3:00pm Fee: \$97

620400 B Grades 4th—8th June 27 –July 1st 3:00—4:00pm Fee: \$97



How to Register for East Longmeadow Rec Dept. Programs

Registration for programs can be completed **In Person** at the Recreation Department, 328 North Main St. Children under 18 must have the registration form signed by their parent or guardian as it includes a liability waiver. However **Mail-In Registration** saves time waiting in line.

ON-Line Registration is also available at www.eastlongmeadowma.gov on the Rec Dept page

Registration and Medical Forms are available 3 ways:

1. At www.eastlongmeadowma.gov under Town Departments then Recreation
2. Pick up at the Recreation Department Office 8 a.m. -4 p.m. Monday -Friday
3. After hours forms can be picked up outside the office door in the Pleasant View Building when the building is open

Please follow the following steps:

1. Fill out the **Application Form** completely. Multiple children and programs can be listed on the same form. Fill-in the appropriate fees and total all fees at the bottom of the form.
2. **Medical Form** must be completed on all new participants and should be updated periodically. Birth Certificates must be on file.
3. **Make checks payable to:** “Town of East Longmeadow”
4. **Mail registrations to:** East Longmeadow Recreation Department 328 North Main Street East Longmeadow, MA 01028
5. You will receive a confirmation receipt once the registration is processed into the computer.

<u>Sport</u>	<u>Grade/Age Group</u>	<u>Leader</u>	<u>Date</u>	<u>Times</u>	<u>Location</u>	<u>Cost</u>	<u>Activity #</u>
Backyard All Stars	6 - 10 yr olds	Dan Donavan	June 27 – July 1	9am –Noon	BPMS	\$100	# 111810 A
Crazy fun & games. t-ball razzel dazzle, flag football, kickball, Frisbee golf, knock out, NEW GAMES. Bring sneakers for gym, water, snacks, sunscreen.							
Spartan Softball	5th - 8th Fall Grade	10am - 1pm	Tony Bergeron	June 13 -15	3days		
(2 programs)	9th-12th HS Fall Grade	2pm-5pm	HS fields	\$60	#111915 A		
Designed to provide a fun, fast-paced learning experience for our youth softball players.							
The clinic will cover basic skill development in the most common areas of the game							
Baseball Clinic	6 - 12 yr olds	Dan Donavan	9am –1 pm	July11-15	BPMS	\$110	#111800 A
Clinic will aim to strengthen the skills needed to be successful in the EL baseball program.							
Bring a glove, drink, snack and sunscreen							
Youth Football FUN-damentals	for New Players in 1st –4th grade.			Dan Donavan	July 18 –22		
No equipment required. Learn the basics of positions, movement and see if this is a game that interests you.							
Bring water, snack and sunscreen			BPMS	9am-12pm	\$100	#111910 B	
Spartan Youth Football	Scott Raymond	July 25—29	9am—Noon	@	HS field	\$75	#111101 A
Youth Football for experienced players currently in 3th - 8th grade, new players at 5-8th grade level welcome.							
Helmet and shoulder pads are encouraged & available through Spartan Youth Football if you are a registered participant in EL Fall Football Program. Bring drinks & snacks							
5* Basketball Clinic	3–5 fall grade	Bergeron/Maurer	July 18,19,20	10am-1 pm	HS GYM	\$75	
5* Basketball Clinic	6– 8 fall grade	Bergeron/Maurer	July 18,19,20	2 pm - 5pm	HS GYM	\$75	
5* Basketball Clinic	9–12 fall grade	Bergeron/Maurer	July 18,19,20	6pm -9pm	HS GYM	\$75	
The above programs are sponsored by Five-Star Basketball and instructed by the Head Coaches of the Boys and Girls EL High School Varsity Basketball Teams. These clinics offer intense teaching of the fundamentals using the Five-Star World famous station instruction and game situations. Dr's Medical Required							
Payment for above programs made to:							
Tony Bergeron at 3 Sylvan Dr, Wilbraham Ma 01095 Contact coachbergeron@gmail.com							
Soccer Rec Clinic	7-14 yrs old	Chris Sand	July 25-29	8:30am -Noon	HS Field	\$100	#111900 A
Chris Sand has been coaching soccer at the rec level as well as at the HS level over the past 20years.							
Emphasis being placed on improving Soccer Skills while enjoying the skills involved.							
Dream Big Basketball Clinic	Girls 8 -15 yrs	Kara Wolters	Aug 1-5	FULL DAY 9am - 3 pm	ELHS		
Kara Wolter was a member of the 93-97 UCONN women's team that won the first national championship . She also went on to win a gold metal at the 2000 Olympic Games . This program provides an experienced coaching staff with nationally recognized guest speakers. Individual instruction, daily competition, Complementary T-Shirt and Autographed Photo. Swimming available daily. Kara participates in the program all week providing personal inspiration. Base rate is \$225 per child . Discounts for siblings, groups, referrals, and more.							
Flyer available in Rec Office.							
Boys Youth Lacrosse	2nd -7th Current Grade	Dan Blinn	August 1 –5	BPMS	8:30am - Noon		
Instructional clinic for new or experienced players interested in skill development in passing, positioning, blocking, offence, and defense. Helmets provided by Rec Dept for loan. Must bring all other protective gear for self. Also bring drink and snack. Fund raiser for boys lax. Fee \$125 #111925 A							
WING T– Football Training		August 5 & 6th		Fri 9-4 Sat 9-3	HS Fields		
Program 9th—12th grade HS football players							
Bring Helmets and shoulder pads. EL's Coach Raymond and other College level coaches							
\$110advance/\$130 walk –ins				# 111910 A			

Mad Science of Western New England - Programs

Secret Agent James Bond

(Ages 7-12 or entering Grades 2-6)

August 8—12th (5 days)

9:00am — Noon

Develop your secret agent skills in this exciting hands-on look at crime scenes.

Discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence -- from fingerprints to tracks to trash! Recreate the scene of a crime using clues and detailed observations. Participants will use science and awesome technology tools to connect the dots and help sniff out the suspects in this investigation into the science of sleuthing.

Fee: \$150 Activity # 211601 D

Jr. Scientist Fun Lab

(Ages 4-6)

August 22-26 (5 days)

9:00am — Noon

Have your child become a Mad Science “Junior Scientist” and come with us to discover how much fun science really is! In this Fun Lab children get a chance to explore many aspects of the world such as energy and motion, water, as well as delving into the lives of animals. They’ll even have a day as “Mad Science Master Builders” building and designing awesome structures. They’ll make various things to take home with them that will help establish them as official “junior scientists” as well as encouraging them to pursue their scientific curiosity in school and in the world around them.

Fee: \$150 Activity # 211601 E

NASA Academy for Future Space Explorers **August 22-26 (5 days)**

(Ages 6 -12 or Grades 1-6)

9:00am — Noon

Experience this program which was co-designed by NASA and Mad Science! From Earth’s atmosphere to the outer reaches of our solar system, this hands-on program sends participants on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Explore the farthest reaches of our solar system and create a lunar eclipse in this “mad” planetary tour! Steer a laser beam through a laser maze, and bring home the excitement with a Lighting Launcher that lights up the sky! Learn about the four forces of flight, the challenges of space travel, build your own rocket to take home and participate in an awesome rocket launch!

Fee: \$150 Activity # 211601 F

3-2-1 BLAST OFF **August 22-26 (5 days)**

(Ages 6-12 or Grades 1-6)

12:30—3:30 PM

Spend an entire week exploring rockets and the science behind space travel! Get a sense of what it is like to live and work in space like a real Astronaut. We’ll investigate various types of rockets and you’ll build your very own rocket! Get ready to count down because we’ll launch a variety of rockets that can soar over 300 feet up!!! Children will also explore the concepts of altitude and altitude tracking as they become certified as Mad Science Rocketeers. The fun doesn’t have to stop when the week is over because you’ll take home your own rocket and you can even add an (optional) complete rocket launching kit to continue “out of this world” exploration at home.

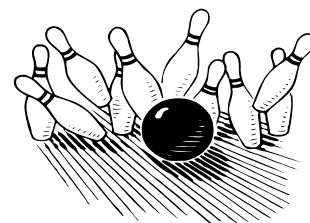
Fee: \$150 Activity # 211601 C

**Consider a FULL DAY of MAD SCIENCE by enrolling in both the AM and PM programs
at the discount rate of \$250**

FREE BOWLING

AT SHAKER BOWL THIS SUMMER

**Two(2) Free games of bowling per registered family member in
1st - 8th Grades. Valid Monday through Friday this summer
Online registration required at shakerbowl.net**



FALL SPORTS PROGRAMS-2011

REGISTRATION BEGINS MAY 24TH 2011

YOUTH FIELD HOCKEY Deadline July 30

3rd and 4th GRADE INSTRUCTIONAL PROGRAM

(LIMIT OF 20 with a minimum of 12 players)

This program will introduce players to the basic skills needed to play field hockey. Players need cleats, mouth guard, and shin guards. Sticks and goggles are provided. There may be opportunities for competitive play.



Activity # 111501 A Fee: \$45.00

5th and 6th GRADE PROGRAM

(LIMIT OF 20 PARTICIPANTS)

This is a developmental, inter-town league program that will cover the basic concepts of the game of field hockey. Basic skills, field positions, and rules of the game will be covered. There will be about 8-10 games and one Jamboree during the season. Players need cleats, mouth guard, shin guards. Goggles and sticks are available for use on a first come first served basis.

Activity # 111501 B Fee: \$65.00

7th and 8th GRADE PROGRAM

(LIMIT OF 20 PARTICIPANTS)

This is a more advanced developmental, inter town league program that will review the basic skills, rules of the game and field positions and prepare the youth for a higher level of play. There will be about 12 –15 games and one Jamboree during the season. Players need cleats, mouth guard, shin guards. Goggles and sticks are available for use on a first come first served basis.

Activity # 111501 C Fee: \$70.00

In-Office Registration is also being accepted May 24, 2011 through July 30, 2011. Registration will close when teams fill-up. Players registered after July 30 will be placed on a wait list and will be placed in division as space allows. A \$10 late fee will apply.

For more information on EL Youth Field Hockey, go to the website: **ELyouthfieldhockey.com**

The Youth Cheerleading Program **begins practice in June** so as to be ready for their participation in the 4th of July Parade. June 20,23,28 & 30. Sept 6th the teams train Tues 6-8pm & Sat 9-12 at Birchland School preparing their routines for the fall football games and for the Cheerleading Exhibition is October 15th. High School Cheerleaders interested in volunteering to work with youth program should contact the Rec Dept as soon as possible. Registration fee for all levels: \$60

Register for grade currently in:

Grades 2nd & 3rd 210801 F

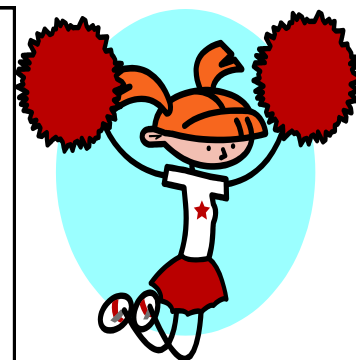
Grades 4th & 5th 210801 G

Grades 6th & 7th 210801 H

OPEN HOUSE for Fall Season

June 14 & 16 6-8pm at BPMS

Fall Cheerleading Program



ELHS 50th BIRTHDAY PARTY

Picnic at HERITAGE PARK 4th of July, following the parade.

Family Friendly Event with live music, concessions, games in the fields such as volleyball, soccer, softball and more, games supervised by Pine Knoll Staff.

Suburban Football Program - Grades 3rd to 8th



The East Longmeadow Recreation Department is offering a Tackle Football Program from August to mid-November. As in prior years, age restrictions apply and players must be in grades 3rd through 8th for the Fall of 2011. Residency in East Longmeadow is required by the League. The Residency requirement is waived for a player who has been an East Longmeadow METCO student for Two Years.

Registration will begin on June 1st at the Recreation Office from 8:00 a.m. to 4:00 p.m., Monday through Friday. **Registration Deadline is July 15th.** A parent's signature, player's birth certificate and **\$95.00 fee** are required at the time of initial registration. Additional registration information is required by the League including the completion of a Suburban Football League Form available at the Recreation Department and participation in the League Weigh-in. Registrations after July 16th will incur a late fee of \$10.

Games: Varsity Team games will be played against surrounding communities within the Suburban League beginning in September on Sunday afternoons. The Junior (JV) Team will have games scheduled on Saturday mornings (Schedule is set by the Suburban Football League).

Football Program Divisions Deadline July 15 (practice starts 8/1)

Pee Wee Division # 211000– Must be in 3rd or 4th grade as of September, 2011. No player younger than age 8 by August 1st and cannot turn 11 on or before December 31, 2011.

Junior Division # 211001– Must be in 5th or 6th grade as of September, 2011. No player younger than 10 by August 1st and cannot turn 13 on or before December 31, 2011.

Senior Division # 211002– Must be in 7th or 8th grade as of September, 2011. No player younger than 12 by August 1st and cannot turn 15 on or before December 31, 2011.

Fee: \$95 All Divisions

Equipment distribution will be Sunday July 24th.

Practices will begin the first week of August.

President Tom Kaye

*Senior Head Coach - Mark Maurer

Junior Head Coach- Chris Donahue

*Pee Wee Head Coach - Andrew Grondalski

**EVERYONE
PLAYS**



New program NFL PLAY 60 for youth in grades 1st and 2nd Grade

This program is designed to introduce young players to the game of football with coach supported action and instruction. **No tackle** instead the flag football version will be offered.

Players will learn the different roles on a football team that must work together for successful outcomes. Fun and playfulness are the objective here. Program to begin in Sept for 6 weeks.

Activity # 211003 A Fee \$45

East Longmeadow Friends of Recreation- (EL-FOR) To provide town residents with enhanced recreational opportunities by improving the quality of existing spaces and facilities. Capital improvements will be possible through the cooperation of town residents, government, business and FOR fund raising efforts. For additional information or to lend a hand please contact Tom Sweeney 526-0969

PIONEER VALLEY SOCCER PROGRAM

REGISTRATION DATES AND TIMES:

Registration will be taken in the Recreation Office Monday through Friday from 8:00 am to 4:00 p.m. beginning Monday, May 23, 2011 and continue thru **June 17, 2011**. All need to complete a MYSA form as well.

PROGRAM INFORMATION:

Programs will be set up in accordance with the U.S.Y.S.A. Age Groupings. Players **MUST** compete in their own age group. Groups and Activity #'s are as follows:

U/9	Born after 8/1/2002	(typically Grade 3 in Fall)	Boys (211805 A)	Girls (211805 G)
U/10	Born after 8/1/2001	(typically Grade 4 in Fall)	Boys (211805 B)	Girls (211805 H)
U/11	Born after 8/1/2000	(typically Grade 5 in Fall)	Boys (211805 C)	Girls (211805 I)
U/12	Born after 8/1/1999	(typically Grade 6 in Fall)	Boys (211805 D)	Girls (211805 J)
U/13	Born after 8/1/1998	(typically Grade 7 in Fall)	Boys (211805 E)	Girls (211805 K)
U/14	Born after 8/1/1997	(typically Grade 8 in Fall)	Boys (211805 F)	Girls (211805 L)

FEE: \$100.00

We need a copy of the Birth Certificate if it is not on file

FINAL REGISTRATION WILL BE June 17, 2011 – After that date there will be a \$10 late fee

FEE INCLUDES: A full uniform – shirts, shorts, and socks. PV League fees, MYSA Fees and officials fees. Players keep the uniform and use it for both the Fall and Spring seasons.

SKILLS EVALUATION and TRY-OUT at LENOX -June 25 (rain date 6/26)

PLAYERS MUST ARRIVE 15 MINUTES PRIOR TO THEIR TRYOUT TIME to register

GIRLS

U-9 and U-10: 8:00 a.m. – 9:15 a.m.
U-11 and U-12: 9:30 a.m. – 11:00 a.m.
U-13 and U-14: 11:30 p.m. – 1:00 p.m.

BOYS

U-9 and U-10: 1:30 p.m. – 2:45 p.m.
U-11 and U-12: 3:00 p.m. – 4:30 p.m.
U-13 and U-14: 4:45 p.m. – 6:00 p.m.

Saturday, June 25th 2011 at LENOX FIELDS. (Rain Date Sunday, June 26th 2011)

All players who wish to be considered for the

Fall 2011 OR Spring 2012 Pioneer Valley Season MUST tryout.

ELSA intends to place as many competitive teams in the Pioneer Valley League, as interest, number of players, and ability allows. ELSA's objective is to provide players with an opportunity to have a successful soccer experience. Players, both boys and girls, **MUST TRYOUT** in their age appropriate group. Late registrants, or those who do not attend tryouts, will be placed on a waiting list. The tryout process will involve small-sided games. Coach evaluations from the previous season will also be considered. ELSA treats each roster as an open roster and roster slots are filled as a result of the tryout process.

TRYOUT GUIDELINES:

1. One parent must be present at tryouts, if not previously registered at the Rec. Dept.
2. Any previously unregistered **U-11, U-12, U-13 and U-14** players, and any parents interested in coaching must bring a 1" x 1" picture to the tryouts. (Please include name and age group on back side)
3. **ABSOLUTELY NO PIONEER VALLEY UNIFORMS TO BE WORN AT TRYOUT.**
4. Players must have shin guards and water bottle, and a ball.
5. All rosters will be posted at the E.L. Recreation Dept.
6. Please consider using the ELSA website to mail in registrations for Fall season at

<http://www.elrecsoccer.org/registration.html>

All postings are final.

Parents will not be allowed to move their child from one roster to another.



2011 IN-TOWN SOCCER PROGRAM Grades K thru High School

"FALL IN-TOWN SOCCER PROGRAM" based on the **participant's grade in the Fall of 2011**

Kindergarten - Co-ed 211800 A

Grades 1 & 2 Boys – 211800 B Girls – 211800 E

Grades 3, 4 & 5 Boys – 211800 C Girls – 211800 F

Grades 6, 7 & 8 Co-Ed Program 211800 I

Grades 9 –12 HS Play in Wilbraham league Co-Ed Program 211800 J

If sufficient numbers register in Co-ed groups They will be separated by gender.
Programs will be played using modified rules. Playoff games will be held for Grades 3 - 12

REGISTRATION

Registration will be taken in the Recreation Office beginning Tuesday, June 1, 2011 and will continue Monday through Friday from 8:00 am to 4:00 p.m. until Friday, August 12, 2011.

FINAL REGISTRATION WILL BE FRIDAY, August 12th

FEE:

The fee will be **\$55.00**. For fee includes: Uniform Shirt, Socks and Shorts for all players & referee fees

WAIT LIST:

Those registering after August 12th will be placed on a "Waiting List". To be placed on the "Waiting List", you will be required to pay the Registration Fee and a \$10.00 late fee. Players from the Wait List will be placed as space allows. Anyone not placed on a Team, will be refunded in FULL.

SPECIAL NOTE: FINAL REGISTRATION DATES MAY BE SUPERSEDED BY PROGRAM MAXIMUM LIMITS, AT WHICH TIME "WAITING LISTS" WILL BE ESTABLISHED.

East Longmeadow Recreation Department Policies

INSURANCE & LIABILITY WAIVERS

The Town of East Longmeadow does not carry insurance to cover the cost of hospitalization and/or medical costs of persons injured during the course of participation or when attending an event as a spectator. All participants are required to have signed waiver of liability statements on file with the Recreation Department as a condition of participation. The Waiver of Liability statement is printed on the registration form. All spectators attend sporting events do so at their own risk.

USE OF SPORT FIELDS

Town fields are available for recreational use by residents any time they are not permitted for organized sport or league play. Please contact the Recreation Department in order to permit a field for any scheduled sport activity. The Field Scheduling fee is \$10 per game or practice.
The Heritage Park Pavilion can be reserved by contacting the DPW directly 525-5400.

New Program Ideas and Instructors Wanted—Dance, Drama, Music, Art, Nature and more. Teach an animal signs class or paper mache class. Teach American Sign Language, a knitting class or Meditation.

Sport Instructors needed for Fall/Winter Programming K –2nd grade motor skills development.

Play Group Leaders Pre K Attain Program in the Fall

Swim Lessons Instructor needed with WSI Certification